

Abstract

The invention relates to a tension or guide rail for a flexible drive means, in particular for a timing chain of an internal combustion engine, with a carrier body and guide track which can be pressed onto the flexible drive means, whereby the tension or guide rail comprises an installation channel which is actively independent from the guide track. The carrier body can comprise at least a first and at least a second carrier-body side part, which are permanently joined together and which jointly define the installation channel. Furthermore, the invention relates to an internal combustion engine with a timing drive comprising a flexible drive means and at least one such tension or guide rail, whereby the flexible drive means is in contact with the guide track and an additional component acting interactively with the internal combustion engine extends through the installation channel at least in some regions.